

'Train the trainer': Intra-familial child sexual abuse – an introduction for social workers

Three-day course

£4,500 + VAT for 6 to 10 participants



Before undertaking this course, professionals must have a minimum of three years in practice and have previously attended child sexual abuse training.

Please note: This course is only delivered face-to-face, the cost above is reflective of this.

About the course

Intra-familial child sexual abuse has been neglected for some time in pre- and post-qualifying social work training, leaving many social workers and other children's services staff feeling ill-equipped in the knowledge, skills, and confidence to work on these cases. The CSA Centre has developed a one-day ['Intra-familial child sexual abuse – an introduction for social workers'](#) course to address this knowledge gap, with excellent feedback from participants.

This **'train the trainer'** course aims to equip local authorities and university social work programmes with the knowledge, associated training materials and resources to embed this course into their own training programmes. Its purpose is to increase knowledge internally, reduce reliance on external commissioning and provide ongoing sustainability of this pivotal learning over time.

This course is perfect for those whose role already includes sharing knowledge and learning with others, and who would like to deliver the introductory training on intra-familial child sexual abuse in their place of work. Taking part in this course takes us one step closer to the ultimate goal of improving the professional response to child sexual abuse.

What you can expect to learn

- A developed understanding of the following areas to enable participants to train others:
 - the scale and nature of child sexual abuse
 - the challenges and obstacles in practice, and how to overcome these
 - how the impact of child sexual abuse presents in children and young people
 - how children communicate their experiences of sexual abuse, and the professional role in helping them do this
 - who it is who abuses children
 - how and why sexual abuse happens in families.
- Increased knowledge of the tools, frameworks and resources which can support practice.
- Increased knowledge of different exercises and methods of delivering training materials.

- Increased confidence to deliver training on intra-familial child sexual abuse.

How the course will be run

Our preferred platform for delivering the course is Zoom, as it provides the best usability for 'train the trainer' courses. If you are not able to use Zoom, we can provide the training through Teams and are happy to discuss this further.

Delivery of our training includes presentations alongside interactive small group exercises, larger group discussions and video/audio material. All of our courses have been presented many times, so we work in a way that we know really resonates, balancing learning with individual and collective reflections.

There will be engaging tasks for all participants to complete in between sessions, including acquainting themselves with the training manual and associated materials, and identifying opportunities within their local area for delivery.

Day 1

The first day is an opportunity to observe the facilitator delivering the first part of the introductory course, engaging in focused learning. The introductory course is divided into eight lessons, and Day 1 will cover the first five of these.

- Lesson 1 – Introduction
- Lesson 2 – Setting the scene
- Lesson 3 – Prevalence of child sexual abuse
- Lesson 4 – The obstacles in practice
- Lesson 5 – Impact, signs and indicators of child sexual abuse

There will then be an opportunity for participants to practice delivering this material in small groups. Each practice session will end with an opportunity for feedback and reflection. Lastly, participants will have the opportunity to consider self-care in more detail, sharing thoughts and suggestions with the group.


Day 2

The second day will provide the opportunity for participants to observe delivery of lessons 6 and 7 before practicing these sessions in small groups.

- Lesson 6 – Children's disclosures and the social work role
- Lesson 7 – Who commits sexual abuse?

Day 3

The third day will begin with a focused discussion on maximising opportunities for embedding the learning in your local area, followed by facilitator delivery and opportunity to practice lessons 8 and 9.

- Lesson 8 – How sexual abuse happens in families
 - Lesson 9 – In conclusion
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Sessions will include the following:

Welcome and introductions

- Meet the other course participants working in the same local authority area or region.

Looking after yourself and those you go on to train

- The importance of reflection.
- What measures need to be in place for the people you go on to train?
- Exploring concerns.

A wide range of trainer-related exercises

- Participants to lead exercises and discussions in small groups, using facilitator notes.
- Constructive feedback to volunteer facilitators and reflection on learning for all.
- Discussion of how best to use resources and exercises in the training.

Maximising opportunities for embedding the learning

- What are the local opportunities for learning to be cascaded? How can the training materials be used within your organisation?
- Sharing ideas with the larger group.

Exploring the CSA Centre website and resources with us

- Professional resources:
 - *Key messages from research on intra-familial child sexual abuse*
 - Medical examinations video
- Child Sexual Abuse Response Pathway and related practice resources covering:
 - *A digital copy of Signs and indicators: A template for identifying and responding to concerns of child sexual abuse.*
 - *A digital copy of Communicating with children: A guide for those working with children who have or may have been sexually abused.*
 - *A digital copy of Supporting parents and carers: A guide for those working with families affected by child sexual abuse.*



Additional resources

- PowerPoint slides for attendees to refer back to and keep for reflection, as well as trainer notes.
- Trainer handbook.
- All handouts and resources associated with the introductory course:
 - Framework for practice in cases of intra-familial child sexual abuse.
 - Checklist of areas to assess in cases of intra-familial child sexual abuse.
 - List of resources for parents and carers regarding child sexual abuse.
 - List of resources for adult survivors of child sexual abuse.
 - References and resources list.

What past attendees said about this course

“You have really inspired our social workers to want to get this message and training out across our region, thank you.”

Partnership manager

“This was an excellent programme ... invaluable for both qualified and qualifying professionals.”

Programme manager

“I have learnt lots from this training and can take so much forward to improve my own teaching and assessment of students.”

University lecturer, Social Work Department

“The training materials are really comprehensive and will be able to be used in a variety of ways with staff at different levels of their career.”

Practice development officer

“The pace was great and facilitators were always proactive in getting the most from participants. I think you were fabulous!”

Senior lecturer, Department of Social Work

